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Itzhak Bentov was a mechanical engineer and inventor who discovered that when the heart beats at exactly **seven times per second (7 Hz)**, the brain synchronizes with the Earth's natural resonance, allowing for **expanded consciousness** and the perception of a non-local reality,,.

The Identity of Itzhak Bentov

Itzhak Bentov was a "nuts and bolts" man and a mechanical engineer who understood how machines, bodies, and physical reality operate at the deepest level. He held dozens of patents and invented the **cardiac catheter** used in hospitals worldwide,. Despite his technical background, he specialized in studying how changes in consciousness affect physiology, famously stating he could "measure consciousness leaving the body",.

The Mechanics of the Seven Hertz Frequency

Bentov discovered a mechanical, measurable process through which the body synchronizes with the planet:

- **Heart-Brain Resonance:** When the heart slows to exactly seven beats per second during deep meditation, the vibration in the spine matches the natural resonance frequency of the skull cavity.
- **The Schumann Resonance:** This 7 Hz frequency is the **natural frequency of Earth's electromagnetic field**; by hitting this rhythm, the body tunes into the planet like a radio finding a station.
- **The Brain as an Antenna:** In this state, the brain generates an electromagnetic field that extends outside the skull, turning the individual into a **transmitter and receiver** of information beyond space and time,,.

Timeline of Discovery and the Gateway Process

The following table outlines the connection between Bentov's research and subsequent intelligence programs:

Date	Event
1973–1978	Bentov publishes his work on electromagnetic entrainment and meditation techniques.
May 25, 1979	Bentov dies in the crash of **American Airlines Flight 191**; his unpublished research vanishes in the wreckage,.
1983	The CIA authors the **Gateway Process** document, describing identical techniques for training "remote viewers" and spies,,.

2003	The CIA declassifies the Gateway Process, revealing their use of 7 Hz states for intelligence gathering.

The Bentov Protocol for Expanded Awareness

According to the sources, Bentov's technique is based on physics and the synchronization of the nervous system:

- **Spine Alignment:** Sit with the spine straight and natural to create a clear path for the heart's pressure wave to travel to the brain.
- **Box Breathing:** Use a **four-count rhythm** (inhale 4, hold 4, exhale 4, hold 4) to synchronize the autonomic nervous system.
- **Heart Concentration:** Focus on the physical beating of the heart to feel the pressure wave moving through the neck and into the base of the skull.
- **Vibration Awareness:** Once a subtle vibration or humming is felt in the head, shift awareness to the electromagnetic field extending beyond the body.

Evolution and the "Mental Hospital" Paradox

Bentov suggested that highly evolved people, such as geniuses like Newton or Einstein, are those who successfully integrate a different view of reality into their daily lives,. He noted that people at the "cutting edge" of consciousness evolution are often found in **mental hospitals** because they experience an expanded reality but cannot integrate it, leading society to "medicate away" their spontaneous sensory openings,,.

To ensure I am providing the most helpful response, are you looking to compile these formatted excerpts into a specific document, such as a biography or a technical manual on the Gateway Process?